

MARCH 2015

LOOSE

Senior Center

Wishing
You
a happy
St.
Patrick's
DAY.



"Dear Erin how sweetly
thy green bosom rises,
An emerald set in
the ring of the sea."



Spring is nature's way of saying, "Let's party!"
~ Robin Williams

DIRECTOR'S MESSAGE

Dear Friends,

Winter, putting on heavy coats, winter boots, gloves, scarves and hats. Shoveling out the driveway, getting stuck in a drift, putting an extra blanket on the bed and log on the fire. Oh, winter can be romantic. Curling up with a good book and drinking hot chocolate, playing in the snow with friends and family, or just watching the snow globe effect during a fresh snowfall. However, a person can only stand so much of a Thomas Kinkadee moment.

SPRING IS COMING, LET'S PARTY. The days get longer and the air gets warmer. The flowers start to emerge from the ground. Our energy level returns and we are ready to enjoy this wonderful season. We go to work in our gardens to plan for a wealth of color and fresh produce. We find ourselves sitting out on our porch with a cup of coffee and watching the sunrise with amazement. We are serenaded by the sound of the birds as they return from their trip south. We take long walks in the morning and afternoon and find ourselves again sitting on that porch watching the pink sky of a perfect sunset. This is truly the beginning of a party. People gathering together to take bike rides, playing softball or attend family picnics. It is a time when our dear friends return from their winter hibernation bringing with them stories that will fill hours of discussion. We are glad that they are back and realize how much we missed them. It is also a time when we plan trips to other locations to witness the creations of God that this wonderful country affords us.

SPRING! It truly is a party. So let's get out and discover all the wonders that it affords us.

"Spring is nature's way of saying, "Let's Party!"

All is well!

*Carl Gabrielson
Executive Director*

Did you know? All year long Loose has volunteers who create beautiful handmade items. Most are made from yarn and material donated to Loose. The handmade items are then donated to those in need.

From January to December 2014, the Loose Yarn Recyclers donated 1582 Hats, 376 Pairs of Gloves, 12 Scarves, 90 Laprobes and 2 Afghans. **OMG! © THANK YOU!**

Thank you to all of our volunteers for the time, talent and most of all for your **BIG HEARTS!**

Very Special

Flint Institute of Arts ART À LA CARTE

Wednesday, March 25, depart Loose 11:15 am, **FREE**



WOMAN'S WORK: MAKING QUILTS - CREATING ART

This program takes us on a journey into the lives of ten women who have made fabric and fiber art a major part of their lives. They make "art quilts," created to be hung on a wall rather than used on a bed. Their stories inspire conversation about the creative process of artists everywhere. **Coffee, tea and cookies are provided. Feel free to bring your lunch or purchase lunch from the Palette. Transportation will be provided by Caretel Inns. Seats are limited, sign up TODAY!**



\$30 Join the Loose Center
Thursday, March 26, 2015
IKEA
Home furnishings
Call Loose for details. DEPARTURE TIME - 9 AM
APPROXIMATE RETURN - 4 PM

Support PLANTS TO PLATES

Mark your calendar - Saturday, March 21, 12 noon

There is a lot going on with the Plants to Plates folks who planted their first garden on the Loose grounds last summer. The harvest was a big success and now plans to move forward, grow and improve are the focus. HOWEVER, HELP is needed!

1. Plants to Plates is holding a contest. Create a LOGO for the Community Garden incorporating the aspects of the name (PLANTS to PLATES) and then bring it to Loose on Saturday, March 21 at 12 noon and present your idea/concept.
2. And.. anyone can join us on Saturday, March 21 at 12 noon to see how you fit in and can volunteer and be part of a group that is out to MAKE A DIFFERENCE. There is need for folks to dig, till and plant and many other behind the scenes jobs. Join us and learn more.
3. AND...BEVERAGES AND SNACKS WILL BE PROVIDED.



AARP TAX AID TAX HELP!

This is a free program that helps seniors low to moderate income with special attention to helping 60 and older taxpayers do their taxes. The last day for this service is Friday, April 10 (by appointment ONLY). Please call the Loose Center at 810.735.9406 to schedule an appointment.

Wishing You a happy St. Patrick's Day
HELLO MARCH



♪ Song Stew ♪

March 12th, 1:30 pm, FREE

Kedree is Back at LOOSE because we LOVE him and brought to you by the Whiting's Entertainment Express, we welcome musician and entertainer Kedree Young who will share music from George Jones to Frank Sinatra, a concoction of tunes thrown together for your listening pleasure.



st. patty's day dinner BASH

Tuesday, March 24, 5 pm
\$12.00 per person

Call Loose and sign up TODAY!

Enjoy a traditional **Corn Beef Dinner** including: *Corn beef, cabbage, potatoes, carrots along with chicken, mac & cheese, salad, rolls, dessert & beverage.*

Special Entertainment by the **Dibbleville Dolls**

COMMUNITY

EXPO

Saturday
March 7, 2015
10 - 5 pm
Sunday
March 8, 2015
11 - 4 pm
FENTON HIGH SCHOOL

Be sure to check out the EXPO and enjoy the many exhibits, entertainment, raffles, giveaways, food booths, demonstrations of many kinds and of course Loose will be there. So be sure to stop by the Loose Senior Center Booth and say, "HI"!



Friday, March 27, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink and more!
All are WELCOME!

CREATING CONFIDENT CAREGIVERS

A program for family members caring for a loved one with dementia and/or memory loss.

Wednesdays, March 4 - April 8, 3-5 pm, FREE!
2 hour session once a week for six weeks

Creating Confident Caregivers utilizes the Savvy Caregiver Program, a university tested program for family members caring for a loved one with dementia at home. Two hour sessions are held once a week for six weeks and lead by dementia care specialists. This program provides participants with information, skills and attitudes to manage stress and increase effective caregiving skills.

Care for your family member with memory loss can be provided free of charge so you may attend the sessions. *Ask for details when you register.*



For further information or to register for the class contact:

The Alzheimer's Association Helpline - (800) 272-3900



SOFTBALL MEETING

Wednesday, March 4, 9:30 am
Seeking members for Loose Team #2

SOFTBALL PLAYERS, softball season is approaching. We have one solid team that is part of the Hartland Senior Softball League, but we are looking for members to make up a second team. The team includes those 60 and over (three members of each team can be under 60), games are typically held on Wednesdays (more league information will follow). If you are interested, please contact Loose at 810 735-9406. or stop in during office hours.

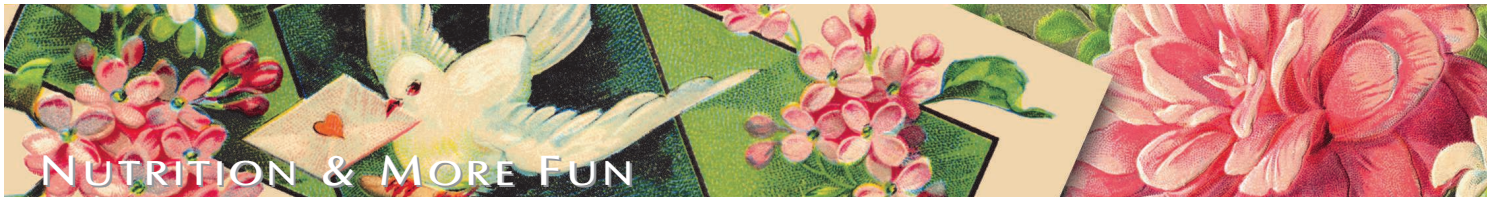
WATERCOLOR CLASSES

WINTER SCENE
March 2 & 9, 1 pm, \$15
BRIDGE SCENE
March 16 & 23, 1 pm, \$15



This class is for all who have a desire to try something new or for those who are experienced and want to try something different. Class size is limited, so register early and at registration time be sure to pick up the supply list and additional information for the class. Instructor, Peggy Mattson.





DAILY LUNCH AT LOOSE!

Monday through Friday, 11:30 am, Annex
Suggested donation for those 60 and over: \$2
Ages 59 and under: \$3.50

GCCARD provides daily congregate lunches at the Center. They are tasty and nutritionally balanced. If you plan on attending, please call the Center at 735.9406 by 12 noon the day before. Sharing a meal with others is a great way to make friends. Menus are available in the office.

POTLUCK DINNER

2nd Friday of each month, 5 pm, Annex
Bring your favorite dish to share, along with your own place setting and enjoy the fun and fellowship that goes along with a good old-fashioned potluck gathering. Loose Potlucks are among the best, so don't miss out! We also invite you to stick around after dinner and enjoy one of our many games.



April Dinner

Tuesday, April 21, 5 pm, \$10

Join us for a wonderful evening of good food and great entertainment. Dinner will include a PASTA, PIZZA, SALAD, DESSERT BUFFET, which will include breadsticks and drinks. Not only will it be a visual FEAST, it will be full of yummy goodness. A very special program by David and Barbara Kincaid will follow dinner. David is the Board President of The Linden Mills Historical Society and Barbara is the Curator of the Museum in Linden. Both are fascinating people with a very rich history. Don't miss out on this special presentation.



REAL ESTATE PREPAREDNESS

Wednesday, April 15, 12:30 pm

"Today's Real Estate world presents many challenges for everybody. This can be especially true with families selling the home of their parents or other loved ones, or parents deeding their home to

their children, etc. Many times, proper steps have not been taken by the owner of the home or by the surviving family members, and legal and relational issues can and do arise because of this. This presentation, given from a Realtor perspective, not an Attorney perspective, will bring awareness to these various situations regarding this important life event in hopes of having the family better prepared.

Are you **HUNGRY** or wondering **WHAT** to cook or **HOW** to cook it? Then this special class is for you. We are excited to have Deb Brindle, Linden Community School's Community Education and Food Service Director

Cooking Made Easy
DON'T BE A CHICKEN
March 26, 5 - 7 pm
\$15 (class size limited)

Don't be chicken to cook a little Chicken. In this class we will be learning to make a simple chicken pot pie. Easy enough for even the beginner cook. We will make this recipe two different ways, you choose your favorite! Either one is "finger lickin good".

LOOKING AHEAD...
April 23 - Those amazing CROCKPOTS

Beginners will LOVE this!

Mothers Day Tea
Friday, May 8, 1pm, \$6

This tradition is one of our loveliest, simple, yet elegant gatherings. All are welcome to come and enjoy an afternoon of tea, treats, great conversation and a time to feel special. Bring your mother, daughter, granddaughter, niece, good friend and your teacup and join us. Give yourself and/or someone special the time for this treat. Sign up today!

In the event of inclement weather, please tune into ABC 12, check the Loose website, Loose Facebook page or call Loose at 810 735-9406 for updated closing information.

WEATHER RELATED CLOSINGS



INDOOR GOLF PRACTICE

Wednesdays, 11 am - 1:30 pm, \$5/session

GOLFERS, we have secured an INDOOR GOLF NET for you to use for practice. Call the Center at 810 735-9406 to secure your time and come and sharpen your skills, stay in shape and enjoy our new equipment. Please be sure to bring your clubs and balls.



PICKLEBALL

Monday & Wednesday, 6:15 - 9 pm, Sunday 2 - 5 pm, \$3
Friday, 11 am - 4 pm, RESERVATION REQUIRED!

Try out the fastest-growing sport around! Pickleball! Similar to ping pong, badminton, and tennis, Pickleball is a fun, active game that can be mastered by anyone. We have a wonderful and welcoming group playing, stop in and watch and give it a try.

FITNESS ROOM

- ◆ Call Loose @ 735-9406 and reserve your time.
- ◆ Drop-ins on availability only.
- ◆ Usage limited to 30 minutes when people are waiting
- ◆ All participants must sign a consent form.
- ◆ Donations accepted for the use of the equipment

ARTHRITIS FOUNDATION EXERCISE PROGRAM

Meets Mondays, 2:30 pm, FREE, Drop ins Welcome

This program is a low impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercise that are suitable for every fitness level. The program will help you keep joints flexible and muscles strong, sleep better, increase energy, improve your overall outlook. Paid for with funding from VAAA & OSA



BEACHBALL VOLLEYBALL

A fun, indoor activity meant to improve your level of fitness. Open to men and women. Join us on Monday at 6 pm at Linden Elementary school located at 400 South Bridge Street in Linden.

CORNHOLE Mondays, please call for schedule (resumes in April)

Great indoor fun! Come and give it a try. If you are already a player, join in on the fun. We guarantee, there will be fun, learning, tossing & laughter, not to mention good exercise.

BIKING BUNCH Resumes in the spring!

TAI CHI - Moving Meditation - \$5 per class

The Art involves slow, relaxing exercises, stances, hand and foot motions, and rhythmic drills. This is called "Wei Gong", or external power training. Special breathing exercises, mental visualization, inner power development, and "calming the mind" drills are also taught. Once learned, the Tai Chi forms are actually quite enjoyable to perform, and are artistically beautiful to watch.

YOGA \$5 per class

GENTLE FLOW YOGA Strengthen your mind and body through yoga, helping with your balance while strengthening your back, abdominals and legs. Afternoon classes help take the stress out of the day for a peaceful nights sleep.

CHAIR YOGA Discover the health benefits of yoga while honoring your strengths and limitations. Strengthen your balance and increase your range of motion with the assistance of a chair, a wall or a block to learn a pose or to get deeper into one.

ZUMBA & ZUMBA GOLD \$5 per class

Low-impact dance/exercise class that includes stretching, balance and easy dance moves. **GOLD** is a specially designed class for the active, older adult or unconditioned person. Wear comfortable clothes and smooth-soled athletic shoes and bring a water bottle.

FIT4EVER \$5 per class

A fitness program of gentle exercise and movement that improves strength and balance while increasing energy and stamina. Men and women are invited to attend.

LINE DANCE Tuesday Class - \$5 Thursday Class - \$5

Exercise your body & mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner. Many dancing styles are covered and fun is had by all. Drop-ins welcome!

Wii BOWLING next session begins March 26

Organized Wii play is held on Thursdays, and open play is available when there is no schedule conflict. **If you are interested in Wii bowling, please contact the Loose Office.**

GOLF AT SHIAWASEE SHORES Resumes in the spring!

PLEASE CHECK THE MASTER CALENDAR FOR SPECIAL CLOSINGS.

MONDAY

9:30 am Zumba Gold
1:00 pm Cornhole
2:30 pm Arthritis Exercise
4:00 pm Yoga (gentle flow)
5:00 pm Zumba
6:15 pm Pickleball
LINDEN ELEMENTARY
6:00 pm Volleyball

TUESDAY

9:30 am Zumba Gold
10:30 am FIT4EVER
12:00 pm Beg. Line Dance
1:00 pm Adv. Line Dance
4:00 pm Chair Yoga
5:00 pm Yoga (gentle flow)

FRIDAY

9:30 am Yoga (gentle flow)
11:00 am Pickleball

WEDNESDAY

9:00 am Biking Bunch (spring)
9:30 am Yoga (gentle flow)
11:00 am Golf Cage Practice
(call to reserve your spot)
5:00 pm Zumba
6:15 pm Pickleball

SATURDAY

9:00 am Yoga (gentle flow)
10:15 am Zumba

THURSDAY

9:30 am Chair Yoga
11:45 am Wii Bowling
10:15 am Zumba Gold
10:30 am FIT4EVER
11:45 am TAI CHI
4:00 pm Yoga (gentle flow)
6:00 pm Beg Line Dance
7:00 pm Adv. Line Dance

SUNDAY

2:00 pm Pickleball

SOFTBALL
FIT4EVER



ARTSY & CRAFTY

"ANYONE CAN PAINT" Class Minimum: 6

2nd Monday of each month, 12-2 pm, Sunroom, \$20

Award-winning artist Steve Wood combines painting tips and techniques with humor and encouragement, providing a relaxing, enjoyable experience for beginning to intermediate painters. By the end of class, participants will have completed an 11"X14" acrylic painting. Please call and register.

WOOD CARVERS

Wednesdays, 12 - 2 pm, Sunroom, FREE

Loose wood carvers have an immeasurable amount of knowledge for their craft/hobby and they LOVE to share their knowledge and passion. If you have thought about taking up this craft, please feel free to stop by and learn from the best.

PAINTING GROUP

Mondays, 10 am, Hall A, FREE

The Loose Center is the perfect place for painters of all levels to meet and work on their projects. We have a wonderful volunteer instructor available to help. The group which meets regularly, is very excited to share, so pack up your project and bring it to the Center!

HAPPY STAMPERS GROUP

4th Monday of each month, 1 pm, Sunroom, FREE

If you like to use rubber stamps to make greeting cards, this group is for you. We can always use new ideas, so come, bring your supplies and ideas. Spend time with those who share your interest and be inspired. You will work on your own projects and "show and tell" to motivate and encourage others.

SCRAPBOOKING

3rd Tuesday of each month, 1 pm, Hall A, FREE

Whether you have pictures from a recent event or from a storage bin, set this time aside to meet other scrapbookers for conversation, inspiration and fun! Bring your photos, scissors or paper trimmer and adhesive of choice. Workshop is open to beginner and experienced scrappers.

YARN RECYCLERS

Fridays, 10 am, Annex, FREE

We are always in need of volunteers who would like to help with lap robes, which are donated to local vets, nursing homes and others with special needs. Our knitting and crocheting group meets every Friday to knit or crochet needed items.

LOOSE LAPGHANS

Fridays, 1 pm, Hall A, FREE

The Lapghan group meets to work on a variety of projects, many of which are donated to local charities. Come and join in on the current project or bring your own. Stuck on a project? Stop by! Someone will help you to get going again.

JEWELRY CLASS

Thur., March. 19, 1 pm, Hall A, \$15

Learn to create double wrap bracelet using a stringing technique that allows us to work with two holed beads. It is a beautiful bracelet and can be made in 3 different colors. The one shown is the gold metallic and maroon but can also be created using a silver, black or other color choices. The closure on this bracelet is a shank button. Silver buttons will be available for class but if you have a special button you want to use, please bring it with you. The button should measure from 1/2" to 3/4" in width. All new jewelry students are welcome. Sign up today!



CARD MAKING WITH CAROLINE

Monday, March 16, 12:30 pm, Sunroom, \$7 (class limited)

Caroline Rohde, card extraordinaire, will lead the class in creating unique and beautiful cards. All materials will be supplied, along with detailed instructions. Participants will go home with at least two handmade cards and envelopes. Nothing says thoughtful and caring like a lovely handmade card. Take the time to enjoy this special time to learn and connect with others who share a like passion.



CRAFTS AT CARETEL

LUCKY HANGING SIGN

Monday, March 2, 10 am, \$6, (limit 8)

Join us to create this fun wooden hanging sign. All supplies are provided. Come and enjoy a peaceful time to be creative and enjoy the company of others. This event will be held at Caretel Inns, 202 S. Bridge in Linden.



LOOSE THREADS Tuesdays, 10 am, Sunroom, FREE

Anyone is welcome to join this talented and dedicated group that is currently working on a quilting project. This group gives of their time and donates the quilts back to Loose to raffle off. Feel free to come and work on your own projects in the company of people who are willing to share their time and talent with others.

SLEEP MATS

Mondays, 10 - 11:30 am, SUNROOM

Join a team of people who are helping with the pre-assembly process in creating the wonderful mats being made and donated to those in need. **NO EXPERIENCE NECESSARY!** Volunteers will cut and loop grocery bags in preparation of the crocheting process. If you crochet and would like to make a mat, it's easy, just single crochet your way to a complete mat. *Please donate your plastic bags...it takes oodles of them to create one mat.*



Loose computer classes are especially tailored to the needs of older adults. Class sizes are small and the instructor, Kelly O'Connell, is well versed in the subject. *COMPUTER CLASSES ARE HELD @ THE LOOSE CENTER.* You must bring your own computer or you can opt to observe and take notes. All classes will also be projected on the screen.



PLEASE PREREGISTER FOR ALL CLASSES

WINDOWS 8

Wednesday, March 11, 18, 25, 4-6 pm, \$30, Hall B

Windows 8: kind of confusing, right? There's no Start button, no straightforward way to shut it down, perhaps worst of all, there's no instruction manual. So how exactly are you supposed to learn your way around the new operating system? Sign up for this NEW class, if you have a laptop, bring it to class and get yourself set for this new adventure. Sign up today, class size is limited.

IPAD 1

Wednesday, April 15 & 22, 4-6 pm, \$20, Hall B

Now that many of you have an iPad, do you need some help figuring out all the new features? Kelly will cover the Safari app and many of the other apps on the iPad including settings, camera, facetime, notes, and contacts.

IPAD 2

Wednesday, April 29 & May 6, 4-6 pm, \$20, Hall B

For those who have completed IPAD 1. Take things a step further and begin to dive into the mail app, calendar app, the App store, and downloading apps. There is always time for questions.

Sometimes, all we need is a little one-on-one time to help us get past a computer road block. Kelly is available for individual help by appointment. For an appointment, call Kelly at 810.964.6455.



Friday, March 27, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink and more!

All are WELCOME!

GAMES

POOL PLAYERS Bring a friend and play anytime.

BRIDGE Monday & Wednesday, 8 am - 2:30 pm

OPEN GAME PLAY Friday, 1:00 pm *(bring a friend)*

CHICAGO BRIDGE Tuesday & Friday, 1 - 4 pm

CHESS Wednesday, 12:30 pm

DOMINOES Wednesday, 12:30 pm

MAH JONGG Tuesday, 3 pm , Friday, 10 am

PINOCHLE Monday & Wednesday, 12:30 pm

EUCHRE Tues. & Thurs., 12:30 pm, Sat., 10 am

CARDS & MORE Thurs. 10:30 am

JIGSAW PUZZLES Browse through our puzzle selection located in the **Annex**; take them out on loan, or if you have puzzles that you would like to donate, they can find a home at Loose.



CHOIR

Mondays, 3 pm, Loose Sunroom

Don't miss out on the chance to be a part of this exceptional group of people who enjoy making music together. The choir rehearses and works to prepare for many special events. They go into the community, sharing their talent locally with those who can use some good old-fashioned cheer. They also perform at Loose during special events and are a wonderful addition to any gathering. The choir is a very welcoming group; stop by and see!

All are WELCOME!

Loose programs and/or services are fully or partially funded by Genesee County Senior Millage funds. YOUR TAX DOLLARS ARE AT WORK."

**Tuesday
March 10
7 pm**

**OPEN MIC
night**

Friends, an **Open MIC event** is a LIVE show where audience members may perform their talent at the MIC.

THE RULES ARE SIMPLE:

- If you are interested in just listening, please grab a friend, come in, and enjoy.
- If you are interested in performing, come in, sign up, and the master of ceremony will guide you from there.
- Be encouraging and respectful of the performers.

HAVE FUN!

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| | | | | | |
|---|--|---|---|--|--|
| <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>10:00 Genesee Resource</p> <p>11:30 Lunch <i>Bean Soup</i></p> <p>12:30 Pinochle</p> <p>12:30 Card Making</p> <p>1:00 Watercolor Class</p> <p>2:30 Arthritis Exercise</p> <p>3:00 Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p> | <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>Corned Beef</i></p> <p>12:00 NO Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Scrapbooking</p> <p>1:00 NO Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> | <p>7:00 Kewadin</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Legal Service</p> <p>9:30 Yoga</p> <p>11:00 Indoor Golf Practice</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Boneless Rib</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>3:00 Confident Caregivers</p> <p>4:00 Windows 8</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p> | <p>18</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 Cards & More</p> <p>10:30 FIT4EVER</p> <p>10:45 Farmers' Market Trip</p> <p>11:00 Blood Pressure</p> <p>11:30 Lunch <i>Beef Liver</i></p> <p>11:45 Tai Chi</p> <p>12:30 Euchre</p> <p>1:00 Jewelry Class</p> <p>4:00 Yoga</p> <p>6:00 NO Beg. Line Dance</p> <p>7:30 NO Adv. Line Dance</p> | <p>19</p> <p>8:00 Income Tax</p> <p>8:15 Lifelong Learning</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Hearing Doctor</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball (reservation)</p> <p>11:30 Lunch <i>Vegetable Lasagna</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>SATURDAY March 21</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p>12:00 Support Plants to Plates</p> <p>Sunday March 22</p> <p>2:00 Pickleball</p> | <p>20</p> <p>8:00 Income Tax</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Write Your Life</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball</p> <p>11:30 Lunch <i>BBQ Turkey Sand.</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 EUCHRE TOURNAMENT</p> <p>Saturday March 28</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p>Sunday March 29</p> <p>2:00 Pickleball</p> |
| <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>10:00 Genesee Resource</p> <p>11:30 Lunch <i>Baked Chicken</i></p> <p>12:30 Pinochle</p> <p>1:00 Watercolor Class</p> <p>1:00 Happy Stampers</p> <p>2:30 Arthritis Exercise</p> <p>3:00 Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p> | <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>Meatballs</i></p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> <p>5:00 ST. PATS. DINNER</p> | <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>11:00 Indoor Golf Practice</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Turkey Ham</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>3:00 Confident Caregivers</p> <p>4:00 Windows 8</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p> | <p>25</p> <p>9:00 IKEA</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 Cards & More</p> <p>10:30 FIT4EVER</p> <p>10:45 Farmers' Market Trip</p> <p>11:30 Lunch <i>Beef Stew</i></p> <p>11:45 Tai Chi</p> <p>12:00 Wii Bowling Begins</p> <p>12:30 Euchre</p> <p>4:00 Yoga</p> <p>5:00 Cooking Class</p> <p>6:00 Beg. Line Dance</p> <p>7:30 Adv. Line Dance</p> | <p>26</p> <p>8:00 Income Tax</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Write Your Life</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball</p> <p>11:30 Lunch <i>BBQ Turkey Sand.</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 EUCHRE TOURNAMENT</p> <p>Saturday March 28</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p>Sunday March 29</p> <p>2:00 Pickleball</p> | <p>27</p> <p>8:00 Income Tax</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Write Your Life</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball</p> <p>11:30 Lunch <i>BBQ Turkey Sand.</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 EUCHRE TOURNAMENT</p> <p>Saturday March 28</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p>Sunday March 29</p> <p>2:00 Pickleball</p> |
| <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>10:00 Genesee Resource</p> <p>11:30 Lunch <i>Chili</i></p> <p>12:30 Pinochle</p> <p>2:30 Arthritis Exercise</p> <p>3:00 Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p> | <p>8:00 Podiatrist</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>BBQ Pork Sand.</i></p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> | <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>11:00 Indoor Golf Practice</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Turkey Ham</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>3:00 Confident Caregivers</p> <p>4:00 Windows 8</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p> | <p>31</p> <p>9:00 IKEA</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 Cards & More</p> <p>10:30 FIT4EVER</p> <p>10:45 Farmers' Market Trip</p> <p>11:30 Lunch <i>Beef Stew</i></p> <p>11:45 Tai Chi</p> <p>12:00 Wii Bowling Begins</p> <p>12:30 Euchre</p> <p>4:00 Yoga</p> <p>5:00 Cooking Class</p> <p>6:00 Beg. Line Dance</p> <p>7:30 Adv. Line Dance</p> | <p>30</p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>10:00 Genesee Resource</p> <p>11:30 Lunch <i>Chili</i></p> <p>12:30 Pinochle</p> <p>2:30 Arthritis Exercise</p> <p>3:00 Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p> | <p>31</p> <p>8:00 Podiatrist</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>BBQ Pork Sand.</i></p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> |

st. patty's day dinner
BASH



Tuesday, March 24, 5 pm
\$12.00 per person
Sign up today!

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Debbie Hancock
Business Manager

Melinda Elmore-Hajek
Program Director

Cheryl Rex
Clerk

Kathy Metivier
Doti Tynes
Receptionist

Randy Green
Maintenance

SUNDAYS

Based on availability

2:00-5:00 Pickleball

Are you looking for something to do on Sunday afternoons? Loose is now open for folks to play Pickleball. Join in on the fun from 2-5 pm.

See page 5 for details.



HEALTHY LIVING

ONE-ON-ONE FINANCIAL HELP

Wednesday, March 4, 10:00 am

Financial Advisor Chad Robinson is available for free financial consultations at Loose Center the 1st Wednesday of each month. This service is available by appointment only. To schedule an appointment, call Loose Center at 735.9406.

ALZHEIMER SUPPORT GROUP

Every 4th Tuesday, 2 pm

The Loose Senior Center is home to an Alzheimer's Support Group. Support Groups are the heart of the Alzheimer's Association and are attended by families, caregivers and friends of persons with Alzheimer's disease, as well as other related dementia disorders. The group welcomes new people at all times.

WRITE YOUR LIFE STORY

Every 2nd & 4th Friday, 10 am, Sunroom

Join us on the 2nd and 4th Friday of each month as we share anecdotes and memories from our lives. There are plenty of helpful tips and class discussions that make the process of putting our memories into writing fun.

LOOSE BOOK CLUB

Every 2nd Monday, 1 pm

This well-read and energetic group meets once per month to explore and discuss a variety of literature. New folks, visitors and guests are always welcome. Come and join us!

LISTENING EAR

Every 1st Monday, by appointment

Are you working to navigate rough waters in your life? Could you benefit from some one-on-one sharing time? Would you like to talk to someone who will listen and help you calm your waters? Call Loose and sign up for share time with Peggy Fulcher. Peggy is trained in counseling with a certificate in Gerontology, and has also been through the extensive Stephen Minister Program. Take time for yourself, and share in this safe space to calm the rough waters of your life.



ONE STOP GENESEE

A Program of 

Monday, 10 am - 2 pm

Loose welcomes **ONE STOP GENESEE** to the Center each Monday. The goal of this new program is to provide assistance to at-risk individuals and families. Services include; counseling, long term housing placement, emergency solutions, medical care, utility and water assistance, referrals for services and other services to work toward creating a pathway to stability and independence. For information call One Stop Genesee directly at 810 600-4525 or call Loose at 810 735-9406. *Walk-ins welcome!*

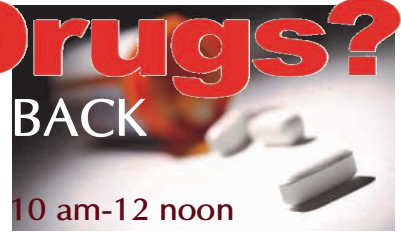
Got Drugs?

DRUG TAKE BACK

LOOSE CENTER

Wednesday, April 1, 10 am-12 noon

Gather up and drop off your unused or expired drugs at Loose and know that they will be properly disposed of. If there are questions or for information, call Loose at (810) 735-9406.



Lunch and Learn LIVING WITH ARTHRITIS

Monday, April 20, 12 noon at Genesys Athletic Club, \$10

In cooperation with Genesys Athletic Club's Gold Program, we are happy to offer to Loose Members the opportunity to share a meal and grow in knowledge. *This activity will take place at Genesys Athletic Club. If you require transportation, please contact Loose (additional cost \$4).*

While arthritis can make once-simple tasks much more difficult, that doesn't mean you have to give up the things that you love doing. Keeping up with your hobbies and workouts despite this condition is actually much easier than you might think—all it takes is a little ingenuity! We'll discuss five tips that will keep arthritis from stealing the fun in your life, Stay active, make modifications, use specialized equipment, recruit a friend, and look for new interests.

Menu options: (indicate at time of registration) - ½ Michigan wrap with grilled chicken or Fruit & yogurt plate both served with a cup of house made soup, cookie, coffee, tea & water.



ARE YOU CARING FOR A LOVED ONE AT HOME?

Saturday, April 25, 9 - 11 am



Join us for a FREE Seminar: Tips for the At-Home Caregiver & Free Breakfast! Take advantage of Tanglewood's 20 years of experience taking care of loved ones in the comfort of their home. You will be provided with information that can help you keep your loved one home longer, while keeping them safe, happy and healthy! The Seminar will be held at Loose Senior Center. RSVP to Tanglewood Home Care, 810.629.9004.

WELLNESS USING BODY ENERGY TECHNIQUES

Thursday, May 7, 2 pm, FREE "Do you feel happy most of the time?" Is everything going the way you want it to? Is your health where you want it to be? Is there purpose in your life? Do you feel like you can accomplish anything you want to do? If not why? What is holding you back? Join Christine Shreve, Certified EFT coach as she explains what EFT is, why it is so beneficial to the body and mind, how stress and negativity left in the body leads to disease.



HEALTH SERVICES & TRANSPORTATION

Relax & Unwind

MASSAGE

By appointment, Mondays
Massage increases circulation, reduces inflammation and renews your mind, body and spirit. Enjoy a chair massage for as low as \$5. Call Loose at 735.9406 for details or to schedule your appointment with Donna.

PODIATRIST

Tuesday, March 31, by appointment, Annex
Dr. Koehler from Holly Foot & Ankle Specialists will be accepting appointments at Loose. Services will include toenail trimming, corn and callous removal, diabetic foot care and more. Billing will be made to Medicare. Please bring a list of all your medications and your insurance cards. Call Loose to set up your appointment.

FREE HEARING CLINIC

3rd Friday of each month, 10 am (by appointment), Annex
Hearing Tests and Evaluations, Hearing Aid Checks and Hearing Aid Cleaning by Hear Clear, David Wizzgird, BC-HIS. If you have a hearing aid issue or hearing difficulties, David will be happy to assist you. Call the office for an appointment.

MANICURES

Wednesday, by appointment, beginning at 9 am, \$10, Annex
MANICURE WILL INCLUDE:

- Polish removal
- Filing and shaping of nails
- Cuticle maintenance
- Refreshing fingertip soak
- Hand massage with lotion
- Polish application



Plan on a 1/2 hour manicure.
Please call Loose to set up your appointment.

FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS - Annex

- 1st Tuesday of each month, 2-3 pm **NEW TIME!**
- 2nd Wednesday of each month, 9 - 10 am
- 3rd Thursday of each month, 11 - 12 noon (BP only)
- 4th Monday of each month, 11:30 am - 12:30 pm



SUNSHINE GREETINGS

Our Sunshine Greeting Team, Janet Green and Marcia Brasher, would like everyone to know they are ready and willing to share greetings from Loose with those folks who might need a pick-me-up, are facing surgery, are suffering a loss, are homebound, are recovering from surgery or need cheering up for any number of other reasons. If you know someone who would benefit from a card, please contact Loose at 735.9406 or email lsc@looseseniorcenter.org so we can spread the sunshine.



MTA/LOOSE TRANSPORTATION

Our partnership with the MTA allows us to offer transportation services to you at a discounted senior rate. If you need a ride to any Loose event, please call the office at 735.9406. Roundtrip transportation costs \$4.50. A monthly pass is available for \$40 and can be purchased through the MTA. The pass provides unlimited access to MTA services, 7 days a week. Please call Loose if you have any questions regarding the MTA/Loose transportation program.

WEEKLY SCHEDULED VAN DESTINATION

Please call 24 hours in advance to schedule a ride.

WEDNESDAY – ART À LA CARTE (see page 14 for details)
11:15 am departure, return 2 pm, \$4.50 roundtrip

THURSDAY – Flint Farmers’ Market
10:45 am departure, return 1:30 pm, \$4.50 roundtrip

TRIP RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED.

Loose Senior Citizens Center acts only as an agent for the independent suppliers that provide hotel accommodations, transportation, sightseeing activities, or other services connected with these tours. All such services are subject to the terms and conditions of those suppliers. LSCC, its employees, agents, directors, representatives, and assigns are not responsible for any injury, damages, expenses, or losses of any kind sustained by any person as a result of participation in these tours.

NOTE: All persons traveling to Canada must have a passport or an enhanced driver's license. All casino packages are subject to change without notice. Proper identification and Social Security Card required to collect prizes over the amount of \$1,199. Call for information about travel insurance or any other questions.

To avoid waiting lists or finding out that a trip has been canceled, sign up early. Travel programs have registration deadlines. At deadline time, the trip will be canceled if we do not have enough committed travelers.



Do you have email? If so, please consider stopping by and update your files or send us an email at LSCC@looseseniorcenter.org



GENESSEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 9 am, Annex

Bob Rasche and his over 20 years of working for veterans is available to assist local veterans and their families in obtaining veteran benefits from Federal, State and County agencies. Although walk-ins will be seen, it is best to call Loose for an appointment.

LEGAL ADVICE

3rd Wed. of the month, 9:30 am -12:30 pm, Annex

Attorney Sharon Miner will be at the Loose Center to offer free consultations on estate planning. This service is available by appointment only. To schedule an appointment, call the Loose Center at 735.9406.

CONSUMER FRAUD ASSISTANCE

1st Wednesday of each month, 10 am -12 noon, Annex

If you are having any problems with a place of business or are wondering if you have been scammed, call for an appointment or stop and talk with a representative from the office of the Genessee County Sheriff Consumer Fraud Division. Their mission is to protect the citizens of Genessee County by gathering, processing and investigating consumer complaints and attempting to resolve them.

AMVETS

1st Thursday of each month, 10 am - 12 noon, Annex

Nathan Pierpont is here to meet with veterans and/or their families to answer questions about compensation, pension, widows' pension, education, burial, medical needs or any other VA-related matter. Drop-ins are welcome!

DISPOSAL OF THE AMERICAN FLAG

American flags that are tattered or torn can be placed in a plastic bag and dropped off at the Senior Center. We will make sure it is disposed of properly.

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAAP)

Our MMAAP Counselor, Ann Walker, will be available to see Medicare beneficiaries by appointment only. The Michigan Medicare/Medicaid Assistance Program is a free service that can help you make health insurance decisions. MMAAP's mission is to educate, counsel and empower Medicare beneficiaries and their service providers so they are able to make informed health choices. If you need assistance, call the Center at 735.9406 to schedule an appointment, or call MMAAP at 1.800.803.7174, ext. 247.

COUPON CLUB

2nd Wednesday of each month, 3:15 pm, Annex

Join others who enjoy saving money and making the most of available resources. Bring a friend, your coupons and the excitement that comes with getting a good deal!

WATCH REPAIR

2nd Wed. of each month, 10:30 am - 1 pm, Annex

Specializing in battery replacement and/or adjustment, Angela Waldowski has over 30 years of experience in the trade. *There is a cost for most repairs, so please inquire prior to the service.*

MICAFAE The Michigan's Coordinated Access to Food for the Elderly (MiCAFE) project makes it easier for seniors to get the food they need to live healthy lives through the Food Assistance Program. This program helps low-income households buy the food they need to maintain their health and independence. Assistance is provided through a Bridge Card that can be used just like cash at most grocery stores. For more information or to schedule an appointment, contact the Center at 735.9406.

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

2nd Monday of each month, 9-10 am, Annex

Loose Center is a distribution site for emergency food assistance program. For more information, please call Loose at 735.9406.

TOPS (Take Off Pounds Sensibly)

Mondays, 6:00 pm, Annex For information, please contact the Loose Center at 735.9406.

LOAN CLOSET If you have need for some medical equipment, please contact Loose at 735.9406. Equipment is loaned without conditions. If you have equipment to donate, feel free to drop it off during business hours.

AARP TAX-AIDE Consider volunteering as a Tax Assistance Counselor or a Leader Coordinator. To join our team of volunteers, call the Flint/Genessee Area District volunteer coordinator at 810-344-7281 or toll free at 1-888-OUR-AARP (1.888.687.2277), or use the online registration form on our website at http://www.aarp.org/money/taxes/info-2006/volunteer_aarp_tax_aide.html



HEALTH INSURANCE PENALTY - The Affordable Care Act (Obama Care) included a provision starting in 2014, requiring all individuals to have qualifying health insurance for the entire year or prove eligibility for a specific exemption from such coverage. There is a payment required on your 2014 income tax return for failing to meet these provisions. You will need to present proof of qualifying health insurance or exemption to your tax preparer for everyone in your household to avoid this penalty payment. This proof would generally be health insurance cards showing dates of coverage in 2014. Medicare Part A and Medicare Advantage is qualifying health coverage.

Please remember to call and register and then sign in for all Loose events. It helps with planning and funding.



FREE BREAD Volunteers pick up day old bread each Monday and Wednesday from VG's. It is available on a first- come, first-served basis at the Loose Center from 8:30 - 10am.

FREE MAGAZINES Feel free to drop off current magazines in Annex. We have many of the latest popular magazine titles for you to enjoy. Please feel free to take them home.

COMPUTER & FREE WiFi We have secured wireless Internet and a computer available for member use. Stop by the office for information.

FREE LENDING LIBRARY The library is located in the Activity Center. Come and take a book home with you. Donated, gently-used books are always welcome; drop them off in Annex.

MEMBERSHIP Loose Senior Citizen Center is open to anyone 50 years of age and older. Anyone participating in Loose Center activities, programs or services is considered a member. *There is no annual membership fee for Genesee County residents.* Members living outside of Genesee County pay an annual fee of \$25.

A REMINDER TO OUR OUT-OF-COUNTY MEMBERS.
The annual membership fee of \$25 per person is due for 2015. If you have not paid your membership, please mail your payment or stop by the Loose Office to pay in person. Thank you!

THE LOOSE COMMUNITY ANGELS
The Community Angels are a group of senior citizens from the Loose Senior Citizen Center whose mission is to assist community organizations that are helping those in need. If you are interested in becoming a Loose Angel, call or stop by the Center and indicate your interest. Look for our Angels supporting community organizations/agencies with their charitable causes.

SCHOLARSHIPS are available to low-income seniors for assistance to participate in many Loose Center programs. You may qualify for transportation to Loose programs, educational classes or health and wellness programs. Income guidelines are available in the office.

UPS STORE DISCOUNT CARD
Receive 10% discount on UPS Shipping, Copies, Color Copies, Signs and Banners, Rubber Address Stamps and more. Stop by the Loose office for a discount card.

WE SAVE...

ALPINE will donate 1% of the total of any cash register receipts turned in to our office. Please remember to turn in the whole receipt. Partial receipts often have vital information torn or cut off, making them useless. Thank you!

SPARTAN STORES will donate \$20 for every 1,000 Spartan UPC labels. Drop them off at the Loose office.

VG'S donates a percentage from sales when using the 'YES' card during designated dates. Be sure to designate Loose as the recipient of the points from your VG's 'YES' card.

GREETING CARDS
If you have **new** greeting cards that you are not going to use, help us rebuild our selection and drop them off at the Loose Office. Our volunteer will recreate a sales area, and cards will be sold for .25 or 5/\$1.

RECYCLING Drop your newspapers, magazines, office paper, school paper, catalogs and junk mail in the green and yellow Abitibi bin in the parking lot.

CELL PHONES We are collecting used cell phones. Please drop them off at the Center in the drop box.

EYE GLASSES Deposit your used glasses in the Lions box, located in Annex.

FUNDING The Loose Center is funded in part by the Genesee County Senior Millage, the Southern Lakes Regional Metropolitan Parks and Recreation Millage, a Community Development Block Grant from the City of Fenton, the Harding Foundation and donations from individuals.

RUMMAGE SALE Due to storage restraints, **we will not be collecting rummage until further notice.** Please consider passing your donations along to another worthy organization.

PLEASE REMEMBER...We welcome you to call in your reservation for any of our activities, **but until payment is received, we cannot guarantee your spot.**

PLEASE HELP US KEEP OUR FILES UP-TO-DATE Stop by and get your picture taken, make sure we have updated contact information including cell phone # and emergency contact information.

"The mission of the Loose Senior Citizens Center, Inc. (the Corporation) is to provide and coordinate responsive programs and services which enhance the dignity, support the independence, and offer stimulating and meaningful opportunities for adults age 50 and older living in the Southern Lakes region."

Visit Loose on line at
www.loosecenter.org



Kewadin CASINOS Wed, March 18-19, 2015
\$ 119.00 per person, double occupancy
Tour Includes Transportation plus
 1 night lodging at Kewadin Casino Resort, \$10 Food Voucher at St. Ignace, Two \$10 Coin Vouchers at St Ignace, Two \$10 Coin vouchers at Kewadin Casino Sault Ste. Marie, 1 Buffet Breakfast value of \$7. *Call for details.*

THE WHITING PRESENTS
 Limited tickets have been secured for the following events at the Whiting for the 2014/2015 year. Call or visit Loose or our website for detailed information.

- "SISTER ACT" Sunday, March 1, 2015
- "MACBETH" Friday, March 13, 2015
- "JACK HANNA'S INTO THE WILD" Friday, May 1, 2015
- "RAIN, A TRIBUTE TO THE BEATLES" Tuesday, May 12, 2015
- "MAMMA MIA" Friday, May 29, 2015



| TRIPS @ A GLANCE | | |
|------------------|---------------------------------------|---------|
| March 1 | "Sister Act" | \$57 |
| March 3 | Motor City | \$28 |
| March 13 | "Macbeth" | \$36 |
| March 15 | Historical Detroit | \$72 |
| March 18 | Kewadin | \$119 |
| March 26 | IKEA - SPECIAL | \$30 |
| April 2 | FireKeepers Casino | \$32 |
| April 18-24 | The Old South | \$1,199 |
| April 20 | Greektown Casino | \$28 |
| April 26 | Detroit Tiger vs. Cleveland Indians | \$69 |
| May 1 | Jack Hanna's Into the Wild | \$40 |
| May 6 | Soaring Eagle Casino | \$32 |
| May 7-8 | Springtime in Niagara Falls | \$279 |
| May 12 | "Rain, A Tribute To The Beatles" | \$48 |
| May 12 | Stratford Festival "Sound of Music" | \$145 |
| May 17-23 | Montreal & Quebec City | \$1,699 |
| May 28 | Hollywood Casino | \$30 |
| May 29 | "Mamma Mia" | \$50 |
| June 1-2 | Mackinaw City & Mackinaw Island | \$189 |
| June 9-10 | Titanic The Musical in Toronto | \$399 |
| June 18-22 | New York City | \$1034 |
| June 26 | Monroe County Country Adventure | \$79 |
| July 6-7 | Quilt Gardens Tour | \$264 |
| July 15-16 | Kewadin | \$119 |
| July 20 | Soaring Eagle Casino Sinatra Forever | \$32 |
| July 23 | Lions, Tigers & Boats, Oh My! | \$81 |
| July 22-27 | Boston (<i>Tiger Game Included</i>) | \$1,204 |
| August 6 | Detroit Tiger vs. Kansas City Royals | \$69 |
| August 12 | Bay City | \$78 |
| August 8-17 | Oregon Coast | \$3,299 |
| August 26-28 | Untouchable Chicago | \$424 |
| Sept. 6-7 | Mackinac Bridge Walk | \$180 |
| Sept. 8-17 | Shades of Ireland | \$3,699 |
| Sept. 9-11 | Lake Geneva, Wisconsin | \$569 |
| Sept. 15-22 | National Parks | \$2899 |
| Sept. 17 | Viva Italiano | \$72 |
| Oct. 10-17 | Vermont-New Hampshire | \$1,799 |
| Nov. 10-19 | Reflections of Italy | \$4,249 |
| December 29 | California (ROSE BOWL PARADE) | \$2,579 |

Detailed flyers are available at the Loose Center.
Please note: A reservation is made only when a deposit has been received.

LIFELONG LEARNING FOR SENIORS


\$8 (includes transportation - departs 8:15 am)
 An opportunity offered by Mott Community College. Enjoy great speakers who will inspire and refresh, along with a wonderful continental breakfast. Takes place in the Regional Technology Center Auditorium.

March 20
Flint's Master Plan - Speaker: Megan Hunter
 Flint's Chief Planner- Megan Hunter, has developed Flint's first master plan in over fifty years. Hear from her what the plan covers and why it is needed. Does the city have the financial resources to support the master plan? We look forward to hearing what Ms. Hunter has to say about this very important topic.

April 17
History of Flint Churches - Speaker: Bob Florine
 This is a visual and oral presentation about the churches that had their origin in Flint prior to 1930. We will see photos that mostly show the outward appearance of the buildings, along with interesting anecdotal notes about some of the congregations and neighborhood facilities that originated in the growth periods of Flint and the Ethnic church buildings around the factory (especially Buick). The history of 60 different congregations from the 1840's to the present will be featured.

Payment is due Wednesday prior to the event.

ART À LA CARTE FLINT INSTITUTE OF ART

 A series of informative programs focusing on the arts will be offered free of charge on Wednesdays at 12:15 pm. Programs last approximately one hour. Visitors are encouraged to bring lunch. Coffee, tea and cookies are provided. **Leave Loose at 11:15 am.**
Cost: \$4.50 (transportation)

- March 4 American Masters: Margaret Mitchell-American Rebel
- March 11 A Sense of Wonder
- March 18 Women of Impressionist Movement
- March 25 **Woman's Work: Making Quilts - Creating Art**
(see page 2 for a special twist to the March 25 event)



Historical Detroit
Wednesday, March 11
 Departs 8:15 am - returns 3:40 pm

\$72

Includes: Round Trip Transportation

- Lunch at Da Edoardo Foxtown Grille
- Detroit Historical Museum
- Guided tour of Hitsville USA



DETROIT Tigers \$69

Sunday, April 26, 2015
 Vs. Cleveland Indians
 OR
Thursday, August 6, 2015
 Vs. Kansas City Royals

INCLUDES: Round Trip Motor Coach Transportation, Ticket to the game, Free Soft Drink & Hot Dog voucher. Water, Snacks and FUN on the Bus

THE OLD SOUTH Savannah-Charleston-Hilton Head

GREAT PRICE April 18-24, 2015 \$1199 Double **GREAT PRICE**

Modern Motorcoach Transportation PLUS
 6 Nights Lodging, breakfasts, 2 Dinners

Daniel Stowe Botanical Gardens, Trolley Tour of Savannah
 Savannahs River Street, Sight seeing Tour of Hilton Head Island
 Dolphin & Nature Cruise, Sightseeing Tour of Charleston
 Boone Hall Plantation, Visit to Beaufort and Tour
 Charleston Historic Market, Luggage Handling

TITANIC The Musical in TORONTO

June 9-10 \$399


INCLUDES: Round Trip Motorcoach Transportation, 1 night -Toronto -Downtown, 1 breakfast, 1 dinner, Top Price-Main Floor seats for "Titanic", Toronto Sightseeing, Toronto's Distillery District, Tax & Tip on included Meals and more. *Passport of Enhanced Drivers License is required.*



Springtime in Niagara Falls

May 7-8, 2015 \$279 Double


Modern Motorcoach Transportation
 1 night at the Hilton Fallsview Casino Resort
 1 Breakfast, African Lion Safari,
 Journey Behind the Falls,
 Visit Niagara-on-the-Lake, leisure time in Niagara Falls



MONTREAL & QUEBEC CITY w/1000 ISLANDS & TORONTO

May 17-23, 2015, \$1,699 (double)

Tour Includes Transportation PLUS
 Six nights lodging, 4 breakfasts,
 1 lunch, 3 dinners, 1000 Islands Cruise,
 Montreal City Tour, Visit St. Joseph's Oratory, Mont Royal, Montmorency Falls, Ste. Ann de Beaupre, Sightseeing Tour of Old Quebec City, Leisure Tim in Old Quebec, Sightseeing Tour of Toronto, CN Town, Toronto Harbor Cruise, Luggage Handling and Tax & Tip on Included Meals. Call Loose for details.



Two nights at the World Renowned Chateau Frontenac, Canada's most beloved hotel is a 5-star experience of luxury and elegance.

Tuesday, May 12, 2015
 Departs: 7 am - Returns 9 pm
 Pick up at Kmart, Silver Pkwy,

Required (one of the following)
 Valid Passport, Passport Card, Enhanced Drivers License or Certificate of Naturalization

CALL LOOSE FOR DETAILS!

Stratford FESTIVAL

\$145.00
Includes Transportation,
 Queen's Inn Buffet Lunch, Shopping, Festival Theater, Sound of Music, starring Stephanie Rothenberg




MACKINAW CITY & MACKINAC ISLAND

Monday, June 1-2, 2015

\$189

INCLUDES: Round Trip Transportation, 1 nights lodging at the Hamilton Inn located on Lake Huron in Mackinaw City, 1 full breakfast Round Trip Transportation to Mackinac Island, Narrated horse-Drawn Carriage Ride on Mackinac Island, Free Time, and more.



Shades of Ireland

September 8 - 17, 2015
Double \$3,699

ITINERARY AT A GLANCE

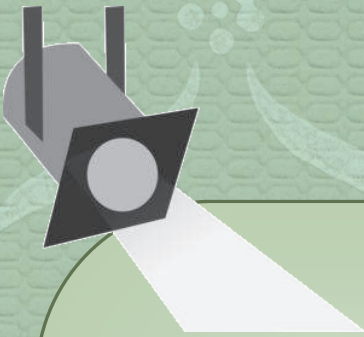
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|-----------|-----------------------------|
| DAY 1 | OVERNIGHT FLIGHT |
| DAYS 2, 3 | TRINITY CITY HOTEL, DUBLIN |
| DAY 4 | GRANDVILLE HOTEL, WATERFORD |
| DAYS 5, 6 | KILARNEY TOWERS, KILARNEY |
| DAYS 7, 8 | ABSOLUTE HOTEL, LIMERICK |
| DAY 9 | CABRA CASTLE, KINGSCOURT |

INCLUDED IN PRICE: Round Trip Air from Detroit Metro Airport, Air Taxes and Fees/Surcharges. Hotel Transfers



Loose Center
707 N. Bridge St.
Linden, MI 48451
(810) 735-9406
www.loosecenter.org

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Flint, MI
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A Tribute to THE JERSEY BOYS



Tuesday, May 26, 7 pm

Tickets \$10

Performance held @ Loose

How did four blue collar kids become one of the greatest successes in pop music history? The 1960's pop group of Frankie Valli & The Four Seasons is being recreated as a tribute show performed by Dave King, Mark Smith, Steve Roberts and Jonathon Dunn. These musicians are the only group in Michigan that has been able to craft and give a credible performance musically with stage Choreography.